



Inside

48th Medical Group commanders, first sergeant, chiefs and superintendents 4-7

48th AMDS 8

48th MDOS 10

48th MDSS 13

48th MDG 14-15

Photos by Amn. Russ Martin

Maj. Bruce Edwards, 48th Aerospace Medicine Squadron flight surgeon helps a patient. Inset: Edwards—ready to fly. This issue of the “Jet 48” is dedicated to the professionals in the 48th Medical Group.

48th DS 16

Deployment news 25

News notes, community, schools, movies, services, sports 26

Editorial team

Col. Carl Van Pelt	48th Fighter Wing commander
Capt. Patrick Ryder	Public affairs chief
1st Lt. Peter Kerr	Internal information chief
TSgt. Mary McHale	Public affairs NCOIC
SrA. Sarah Franco	Editor
Amn. Russ Martin	Staff writer

Photo support provided by the 48th Communications Squadron visual information office.

Published by Forest Publishing (E.A.) Ltd., a private firm in no way connected with the U.S. Air Force, under exclusive written contract with the 48th Fighter Wing. This commercial enterprise Air Force newspaper is an authorized publication for members of the U.S. military services overseas. Contents of the “Jet 48” are not necessarily the views of, or endorsed by, the U.S. government, the Department of Defense, or the Department of the Air Force.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, the Department of the Air Force or Forest Publishing (E.A.) Ltd. of the products or services advertised.

Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron.

Editorial content is edited, prepared and provided by the public affairs office of the 48th Fighter Wing. All photos are Air Force photos unless otherwise indicated.

The deadline for submissions to the “Jet 48” is noon Friday, the week prior to publication. For weekend events, the deadline is noon the Monday prior to publication, provided the editor is notified in advance. The public affairs office reserves the right to edit all material submitted for publication. Contact the editor in building 1085, call 7-5640, e-mail Jet.48@lakenheath.af.mil or fax 7-5637.

<http://www.lakenheath.af.mil/current/jet48.htm>

48th MDG

Providing best care in USAFE



By Col. Stephen L. Meigs
48th Medical Group commander

What does medical care mean to you? Is it an emergency room trip with your feverish and crying 14-month-old at 2 a.m. Sunday morning? Is it the technician at the dental clinic who gives you your annual cleaning? Is it the field clinic at your deployed location that conducts daily sick call for your unit and reminds you not to drink the local water? Or, is it the immunization team visiting your workplace and administering the force protection immunization program?

The truth is that all of these are part of our military health-care system, plus a lot more. This issue of the “Jet 48” is designed to tell you all about the many and varied aspects of the 48th Medical Group.

Like the other groups in the Liberty Wing, we are focused on providing our customers with the best possible service. Our products and processes relate to health care, covering a broad range of services and capabilities. In this edition, we have tried to touch on as many of these as possible and hope that you will find it both informative and useful. It might be a good idea to save this copy of the “Jet 48” for future reference and even to pass along to newcomers to answer their questions about health care in the community.

Our vision of being USAFE’s best medical team, providing superior community-centered and prevention-based health care” describes what we want to be for you. Our superbly trained and highly skilled team of officers, enlisted members, civilians and volunteers are dedicated to achieving excellence in meeting your health care needs – you deserve

nothing less than the best. For us, community-centered means reaching out to all our beneficiaries in the RAF Lakenheath and RAF Mildenhall community and beyond to the geographically separated units throughout the United Kingdom and north to Norway. This outreach includes meeting the health-care needs of this community, but also extends to active involvement like our community partnership with the RAF Feltwell Middle School, our medical explorer’s post, and support to the annual Retirees Appreciation Day.

Our goal is to help each of you achieve the best mental and physical health possible, while maintaining a responsive, state-of-the-art medical system that is available for you and your families when you need it.

You can help us achieve this goal by providing feedback on how well we are meeting your needs. There are several ways for you to do this, including speaking directly to staff members involved in your care, completing one of the customer comment forms found in every clinic, or participating in the Department of Defense’s customer satisfaction survey. The latter is a new process that allows you to provide focused feedback on service and care you experienced at a recent appointment. If you receive one of these random surveys through the mail, I encourage you to take a few minutes and complete it. This information is extremely important to us and goes a long way in helping us assess needs and improve processes.

The primary reason we have blue-suit medical personnel is to support and sustain our war-fighters – for us, readiness is job one. Readiness includes health-force protection and forward medical support to our deployed airmen. Also, very importantly, readiness is quality medical care and service to family members – for it is critical to mission success that our warriors know their families will be cared for when they are called upon to do our nation’s business. Our promise and commitment to you is that we will provide the best medical care possible in war, peacetime, or during contingencies. You should expect and accept nothing less.

48th Medical Group



Col. Stephen Meigs
*48th Medical Group
commander*



**Col. Raymond
Barbera**
*48th Medical Group deputy
commander*



MSgt. David Morton
First sergeant



CMSgt. Michael Kille
*48th Medical Group enlisted
manager*

48th AMDS commander, superintendent



**Lt. Col. Richard
Bachmann**
*48th Aerospace Medicine
Squadron commander*



**SMSgt. Levette
Calhoun**
Superintendent

48th MDOS commander, superintendent



Col. Linda Henderson
*48th Medical Operations
Squadron commander*



CMSgt. Carl Brown
Superintendent

48th Medical Support Squadron commander, superintendent, chief



Col. Steven Regner
*48th Medical Support
Squadron commander*



**MSgt. Sandra
Neumann**
Superintendent



CMSgt. Michael Powell
*Personnel and
administrative services
flight chief*

48th Dental Squadron commander, superintendent, chief



**Col. Benjamin
Backham**
*48th Dental Squadron
commander*



SMSgt. Robert Baker
Superintendent

48th AMDS 'keeps 'em fit, keeps 'em flying

By Lt. Col. Richard Bachmann
**48th Aerospace Medicine Squadron
commander**

The 48th Aerospace Medicine Squadron contributes vital expertise on all aspects of force projection and medical force protection. We are the tip of the medical spear for RAF Lakenheath and RAF Mildenhall representing a significant force multiplier. "Keep 'em fit, keep 'em flying" is our motto. Providing medical care to flyers and their families, protecting the environment, ensuring workplace safety, maintaining mission readiness, tracking and preventing communicable diseases and making the base a safe and healthy place to live is

our business. The 48th AMDS is the largest aerospace medicine squadron in U.S. Air Forces in Europe, and manages the largest medical readiness program in the command. The unit provides the bulk of the annual Air Fete primary response force – nine teams and 57 personnel. Recent awards garnered by 48th AMDS include the 1997 USAFE Health Promotion Program of the Year for a large facility, 1997 USAFE Bioenvironmental NCO and Airman of the Year and the 1997 USAFE Readiness NCO of the Year. AMDS personnel are involved in every deployment – from screening medical records, medical threat briefings, to providing medical care in the field and then performing post-deployment tracking. We bring scientists, physicians and technicians

together to keep our community fit and healthy – prevention has always been our focus.

Bioenvironmental engineering

The bioenvironmental engineering flight conducts evaluations of occupational and environmental exposures to chemicals, radiation and physical hazards like heat and cold stress. These evaluations are conducted for RAF Lakenheath, RAF Mildenhall, RAF Feltwell, and geographically separated units throughout the United Kingdom and Norway.

For workers in more than 200 industrial shops, unit members conduct periodic workplace evaluations to identify, evaluate and

See AMDS on Page 8

AMDS

From Page 7

recommend controls for actual and potential exposures. The information the staff gathers on workers' occupational exposures is reviewed by a flight surgeon and public health officer to determine if and what types of annual physical exams workers are required to have.

The flight is an integral member of the hazardous materials pharmacy, which provides central control, authorization and issue of all hazardous materials used on Lakenheath and Feltwell. The bioenvironmental engineering flight, along with the 48th Civil Engineer Squadron and wing safety, must approve the use of all hazardous materials. Approval is based on the need for the material, its health-hazard potential, and the equipment available to protect those working with the material. Another responsibility the staff has is to conduct training and fit-testing of all workers required to wear respirators as part of their job.

In addition to monitoring industrial workplaces, the staff samples the base water supply to ensure it is in compliance with U.S. and U.K. environmental regulations. To comply with these regulations, office technicians conduct weekly water testing at Lakenheath and Feltwell for the presence of bacteria, as well as quarterly and annual testing for chemical contaminants. They also test hazardous wastes and materials that might contain asbestos.

As the base radiation protection office, the unit monitors occupational and environmental exposures to radioactive materials, lasers and radio-frequency radiation. This includes measuring the radiation produced by medical, dental and industrial X-ray equipment, and issuing badges to X-ray technicians to record their exposures to radiation.

Because the flight provides a variety of surveillance for hazardous materials and physical agents, staff members are major players in Lakenheath's emergency response capability. Unit members must advise the wing commander of all health hazards associated with accidents, spills or other major incidents. They can perform air, soil and water samplings to determine the extent and severity of contamination caused by an accident. The unit also has a wartime mission: to remain ready to deploy at any time. During deployments, the staff performs the same basic tasks as in peacetime ensuring a safe working and living environment for all Air Force members.

Optometry flight

The 48th Medical Group optometry clinic is the only U.S. military provider of optometric care in the United Kingdom. Staffed by two optometrists and two technicians, the clinic's primary purpose is to provide timely eye care for the military members assigned in the local community and throughout the United Kingdom. In addition, the clinic staff examines other eligible beneficiaries as appointments permit. For those family members who are unsuccessful in obtaining an appointment on base, an alternate, free solution exists. They can obtain their eye care from off-base, highly



Photo by Amn. Russ Martin

TSgt. Fred Walsh, 48th AMDS optometry, performs a routine eye examination on George Jenkins, a retired fist sergeant.

qualified British optometrists at no cost thanks to two different programs. Families enrolled in TRICARE Prime can see the local eye-care specialists associated with this health-care program. Also, children of U.S. military members can be examined under the British National Healthcare System. Further information on both of these programs can be obtained from the hospital's health benefit advisor at 7-8688. Periodically, a 48th MDG optometrist and technician travel to the RAF Upwood clinic to provide care for active-duty military members stationed at RAF Molesworth and RAF Alconbury. This initiative has enabled a significant number of patients to be seen without them having to make the substantial journey to RAF Lakenheath.

Besides conducting routine refractions which enable patients to see better, the 48th MDG optometrists also evaluate the ocular health of patients, treat many conditions detected and refer those patients which require ophthalmological or other specialized care.

The staff works closely with many sections of the hospital to ensure patients' ocular well being. Optometry optimizes the visual skills of wing aviators through the aircrew contact lens program. The importance of keen sight in the performance of their duties is critical. Aware of prevention's role in building healthier communities, optometry readily participates in the health and wellness center's initiatives by stressing eye safety and the need for regular eye examinations. Additionally, annual screening of preschoolers at the Department of Defense Dependents Schools seeks to identify vision problems in some of the youngest members of the base community.

Operational medicine flight

The operational medicine flight is responsible for the preventive health, medical treatment, physiological training and welfare of all RAF Lakenheath and RAF Mildenhall aircrew members and special operational duty personnel such as air traffic controllers and space operations members. Additionally, the unit staff provides comprehensive medical care for

all family members over 2 years old of aircrew and special operational duty personnel. Active-duty flyers and their family members should be assigned to the flight medicine primary care manager team. This TRICARE arrangement ensures ready access to quality medical care and enhances continuity of care. The majority of primary-care services are available in our clinics. However, when the situation warrants, staff members will arrange for referrals for specialty care. Appointments are available between 9 a.m. and 4 p.m. Mondays through Thursdays and from 9 to 11 a.m. Fridays by calling 7-8823. For Mildenhall, call 89-2143 during normal duty hours of 7:30 a.m. to 4:30 p.m. Mondays through Thursdays and 7:30 a.m. to 2 p.m. Fridays. The Lakenheath office is currently offering extended evening appointments from 4 to 5:40 p.m.

Flight surgeons also function as consultants for the tuberculosis screening and treatment program, sexually transmitted diseases program, pre-employment medical screening program for civilian personnel and the occupational health program.

The physical examinations and standards section provides many services for Department of Defense members assigned in the United Kingdom including flying and non-flying physicals, occupational health exams, physical profiling, worldwide duty qualifications, and DNA sampling. The preventive health assessment program consolidates routine non-flying physicals, flying and special operational duty physicals and occupational physicals into one program with a disease and injury prevention focus. Experience has proven that prevention is far more effective than intervention. Call 7-8822 to reach physical examinations and standards services.

Operational medicine members are frequently tasked to deploy with the flying squadrons. On such deployments, staff members are responsible for the medical care and preventive services for all deployed personnel, using host nation or existing U.S. facilities at the deployed location.

See AMDS on Page 19

48th MDOS provides many services

Emergency services

Emergency services provides Liberty Wing members with the best care possible in the most appropriate setting. With that in mind, here is how emergency services operates.

Patient needs are managed on a triage basis depending upon the severity of illness or injury. Those with more serious conditions will be seen ahead of others regardless of their time of arrival. Emergent conditions, those threatening life, limb and sight, will be treated first, urgent problems seen next, and non-urgent are treated last.

A nurse screens all patients and designates a triage category dependent upon the individual's vital signs, chief complaint, duration of symptoms and degree of discomfort. The physician on duty may change the triage category based upon experience, and all patients waiting are reassessed regularly to determine if their condition has changed.

Waiting times may vary according to the number of patients being treated and the severity of their problems. In addition, other emergency room responsibilities such as ambulance response and flightline coverage may further delay care for non-urgent patients.

Non-urgent patients looking for care during normal hospital hours, which are 7:30 a.m. to 5 p.m., will be given an appointment with their primary care manager, if available. All patients should contact their primary care provider in family practice, internal medicine, pediatrics or flight medicine for assistance before coming to the emergency room, unless they feel they have a life-threatening emergency.

Primary care managers are designated medical providers or small groups of providers to whom all TRICARE members have been assigned. The primary care manager concept is designed to provide patients and their families with a personal medical provider to assist them with all their health-care needs, including acute and chronic medical care and preventive services. Routine appointments should be scheduled through central appointments at 7-8010, while same-day assistance can be received by calling the primary care manager directly: at family practice 7-8736; pediatrics 7-8687; internal medicine 7-8224; and flight medicine 7-8823.

Additional health-care information can also be obtained by calling the TRICARE Europe Health Care Information Line toll free at (800) 896409. This service allows people to speak directly with a nurse or listen to prerecorded health care information on a topic of customer choice. For people unaware who their primary care manager is or would like further information concerning TRICARE benefits, call the TRICARE Service Center at 7-8180 from 7:30 a.m. to 4:30 p.m. weekdays.

Primary care manager teams provide timely, quality medical care in the most suitable environment. Emergency services handles emergent and urgent care.



Photo by Amn. Russ Martin

SSgt. Craig Krutke treats Hubert Morris, a retired first sergeant, in the emergency room after Morris arrived complaining of chest pains.

Family practice clinic services

Three primary care manager teams are in the family practice clinic. These teams are providers who are trained, qualified and dedicated to caring for patients' medical needs. If the family practice clinic provider determines more specialized care is required, the provider will refer the patient to either a specialty clinic at the medical group or care arranged through TRICARE.

The following are examples of services and programs available from the family practice clinic:

Nurse advice

In an effort to meet customer needs, staff members continue to offer medical advice from a primary care manager nurse. The nurse will not only provide routine medical advice but will promptly consult with primary care managers in the event a condition warrants immediate attention. The nurse advice will be available during normal duty hours. Patients can reach one of the nurses by calling the clinic at 7-8752 or 7-8767. This service will not replace the 24-hour nurse advice line at (800) 896409.

Birth control

The family practice clinic provides a service for birth control pill refills and Depo-Provera shots. Following the initial visit with a provider to obtain prescriptions, people may walk into the clinic anytime from 9 to 11 a.m. and 1 to 3 p.m. Tuesdays and Thursdays to request a refill or obtain a shot. Pick up medical

records before checking in. Annual pap smears must be up-to-date to obtain pill refills or to continue Depo-Provera shots. If a patient's pap is not up to date, call central appointments at 7-8010 to schedule an appointment.

Throat culture clinic

A sore throat usually does not require a visit with a provider or the use of antibiotics. If patients are not having difficulty breathing or swallowing, consider obtaining a walk-in throat culture instead of making an appointment. Patients may walk-in from 8 to 11 a.m. and 1 to 3 p.m. weekdays to obtain a culture at the family practice clinic. Pick up medical records before checking in. Patients will be notified within two days only if the culture is positive and will then be instructed to go to the pharmacy to pick up antibiotics prescribed by a provider.

Health assessment

The preventive health assessment is designed to ensure the health and readiness of the active-duty force. The cornerstones of preventive health assessment are immunizations, screening tests (such as hearing, blood pressure, and cholesterol), a medical records review and helping members to make lifestyle changes such as quitting tobacco, eating better and getting more exercise. The screening tests patients receive and whether patients meet with a healthcare provider depend on age, gender, job and any identified health risks or concerns.

Patients' preventive health assessments

See MDOS on Page 21

MDSS: Backbone to the 48th MDG

By TSgt Eric Ayers
War reserve materiel noncommissioned officer in charge

Every day, the 48th Medical Group treats military members and their family members from the United Kingdom and Norway. During this treatment, most patients never realize what goes on behind the scenes to ensure that their care is "a cut above," as the medical group's motto stresses. Virtually all the behind-the-scenes details fall under the medical support squadron, commanded by Col. Steven Regner.

The 48th MDSS is a versatile squadron responsible for more than 220 personnel who work tirelessly to manage a \$18.5 million annual group budget. In addition, 48th MDSS personnel have oversight of a \$43 million military construction project to enhance the working and patient care environment. It manages the on-hand medical supplies to ensure items will be available to caregivers when needed. Personnel also account for and maintain nearly \$14 million in medical equipment. The management of contracted services, such as housekeeping, linen and medical services, is a vital function provided by the 48th MDSS. The personnel and administration flight supports the careers of more than 760 military and civilian personnel assigned to the medical group. Making sure some 800 computers, supporting seven different medical systems, are on-line is the task of the medical information systems flight. And that's just behind the scenes.

TRICARE services

The 48th MDSS is responsible for managing the TRICARE Europe plan in the United Kingdom and Northern Europe. TRICARE personnel are available to provide Department of Defense beneficiaries assistance in TRICARE Prime enrollment and disenrollment, provide counseling on individual benefits, conduct unit briefings, assist medical claim processing and answer questions on TRICARE topics. In October 1996, the staff successfully instituted the personal health advisor line, the first toll free health information service in the United Kingdom for TRICARE members. This line provides 24-hour, 365 days a year, beneficiary access to a registered nurse who is available to answer health-care information questions. When required, the nurse can access the 48th MDG to make appointments for active-duty members and their family members when the nurse determines that symptoms warrant it. Also available on the line is an automated medical library. This option allows the caller to access a health information library that provides several selection topics on general health information. The telephone number for the line is



Photo by Amn. Russ Martin
A1C Marlon Pugh, 48th MDSS laboratory journeyman, mixes controls for chemistry testing.

(0800) 896409. If a patient requires further assistance, stop by the TRICARE Service Center at building 954 or call 7-8688.

Laboratory services

The clinical reference laboratory serves as the sole laboratory for 11 medical treatment facilities in the United Kingdom and Norway, providing diagnostic tools to aid in the quick diagnosis of patient ailments. Each day, thousands of specimens are processed to ensure providers have all the data necessary to enable them to provide the best course of treatment.

The laboratory is also responsible for conducting base blood drives. Blood is collected at the 48th MDG blood donor center located next to Electric Avenue. It is the center of action twice each week when volunteers are "tapped" for the gift of life – blood. The blood is used to support surgeries, and is also sent to other bases (such as Incirlik AB, Turkey), deployed units, or other unforeseen situations such as the recent bombings on the U.S. embassies in Africa. During wartime, the blood center would increase the flow of blood to conflict areas by receiving, re-icing and re-shipping blood products from the continental U.S. to designated areas. Local blood is our renewable resource and must continue to be provided to meet daily requirements. The blood donor center requires 40 to 50 units during each blood drive. People who are in good health and can donate blood, are asked to help fill a vital need by calling the blood

donor center at 7-8819; appointments are required to donate.

Nutritional medicine services

The nutritional medical service provides inpatient, outpatient and community nutritional services for the 48th Fighter Wing. They not only plan meals for hospital patients, but also provide sound nutritional counseling to ensure the readiness and overall wellness of the community. The nutritional medical service is here to serve you. The next time you have a commander's call or just want some advice on healthy eating, call 7-8172, and they will come to your squadron to give a presentation on healthy eating and living.

Radiology services

The radiology department provides all needs for diagnostic imaging. They are capable of providing fluoroscopy (real-time x-ray images), mammography, ultrasound and computed tomography scans. In addition, magnetic resonance imaging is available on a bimonthly basis. In essence, topnotch staff and technology can be found here. There are two board-certified radiologists and 11 nationally registered radiology technologists. There are also technologists registered in mammography and ultrasonography. The quality of the mammography department was recently highlighted during a Food and Drug Administration Mammography Quality Standards Act Inspection when it received a superior rating. In addition special recognition was given to the department's quality assurance program. To continue on the path of excellence, we will be installing a new computed tomography scanner and trailer in December to greatly enhance the computed tomography services currently being provided.

Pharmacy services

The pharmacy is the probably the most visible portion of the 48th MDSS. Filling 800 prescriptions and refills at an average of \$7,000 per day makes the pharmacy the premier pharmacy in USAFE. Cited for the "can-do" attitude of its staff, the pharmacy received praise during the 1997 Joint Surety Inspection for the most comprehensive PRP self-medication policy in the Air Force. The pharmacy ensured that "PRP safe" medications were identified at the AAFES outlets in the area. A recently-initiated refill pickup service at Mildenhall eases congestion at Lakenheath and allows 12,500 personnel and dependents to get their prescription refills without making an extended commute to RAF Lakenheath. The implementation of a toll-free refill call-in line allows all beneficiaries throughout the United Kingdom

See MDSS on Page 14

Medical logistics flight

The medical logistics flight has several sections. The facility management element is responsible for managing facility repair, maintenance, construction, telephones, pagers, handheld radios, security, safety, key control, medical gases, utility programs, housekeeping, infectious waste disposal and cable television contracts to ensure a safe environment. The element's responsibilities span across RAF Lakenheath, RAF Mildenhall and RAF Feltwell and encompass 32 buildings and more than 338,000 square feet. The office also provides technical assistance to all geographically separated units within the United Kingdom. The annual budget to support facility management programs is about \$3 million with an additional average of \$4 million committed annually for major renovation and minor construction projects. The medical group completed three projects worth \$1.6 million in fiscal year '98, plus the installation of a new telephone system worth \$1.2 million and has an ongoing major renovation project in progress for the hospital worth \$43 million. Approximately \$13.5 million in projects to replace WW-II vintage buildings and upgrade other facilities are expected to begin in fiscal year '99.

The Northern European Medical Equipment Repair Center is responsible for maintaining medical equipment located throughout USAFE. Eighteen technicians calibrate and repair equipment ranging from simple digital thermometers to complex diagnostic imaging systems. In addition, the medical equipment repair center is responsible for maintaining USAFE's largest depot of war readiness material.

The medical supply element ensures supplies for facility operation is available, and that orders for stock replacement are timed to arrive before the last item is issued from the shelf. Assets worth \$350,000 are normally on hand and monthly "sales" average \$425,000. In this time of costly medical care, the acquisition management section uses the best source and best price to acquire supplies and get supplies quickly in order to extend the medical group's budget as much as possible.

The war reserve materiel section maintains USAFE's largest garrison of supplies and equipment for use in the event of a conflict or for operations other than war. The section has 22 projects it is responsible for, and keeps each one ready for activation or deployment. In addition to these assets, war reserve materiel is responsible for ordering and storing medical materiel for other squadrons in the area. The medical equipment management office maintains records of all equipment in use in the medical group and supported facilities. The office also receives and processes new requests for equipment, routes the requests through proper channels for review and orders the items when funded. Finally, equipment repairs by outside sources, when necessary, are processed through the medical equipment management office.

Questions, answers about medical care

Capt. Greg DeWolf
48th Medical Operations Squadron

What are primary care managers?

A primary care managers team is a specified group of physicians, nurse practitioners, physician's assistants, and registered nurses who are responsible for providing medical care to TRICARE-enrolled members. They are dedicated to providing you timely, quality medical care in the most suitable environment.

Where are the primary care managers teams at the 48 Medical Group? Family practice clinic, internal medicine clinic, pediatrics clinic and flight medicine

What are the duty hours and phone numbers for the primary care manager teams?

The family practice clinic is open from 6:30 a.m. to 6 p.m. Mondays through Thursdays and from 6:30 a.m. to 4:30 p.m. Fridays. Sick call is from 6:30 to 7:15 a.m. and from 12:30 to 1 p.m. daily. Call 7-8736 for a same-day appointment and 7-8010 for a normal appointment.

The pediatrics clinic is open from 7:30 a.m. to 6 p.m. Mondays through Thursdays and from 7:30 a.m. to 4:30 p.m. Fridays. There are no sick call hours. To make a same-day appointment, call 7-8687 or 8685. To make a normal appointment, call 7-8010.

The internal medicine clinic is open from 7:30 a.m. to 6 p.m. weekdays. Sick call is from 7:30 to 8:30 a.m. To make a same-day appointment, call 7-8224. To make a normal appointment, call 7-8010.

The flight medicine clinic is open from 7 a.m. to 4:30 p.m. Mondays through Thursdays and from 7 a.m. to 1:30 p.m. Fridays. Sick call hours are from 7:30 to 8:30 a.m. and 1 to 1:30 p.m. daily. To make any appointment, call 7-8823.

You must have your medical records with you for all clinic visits unless specified.

Who is the single source of information for TRICARE service? The single point of contact for TRICARE service and information is the TRICARE Service Center at 7-8688 during normal duty hours or emergency services after duty hours at 7-4226.

How does 48 Medical Group achieve TRICARE "24-hour access?" During normal duty hours:

a. The patient may call the personal health advisor line by dialing (0800) 896409 for advice. This will put the patient in contact with a registered nurse who will discuss and assess the patient's

chief complaint over the phone. He or she will also provide the caller with medically approved treatments or suggestions over the phone by asking a variety of assessment questions. If the patient has a self-care help book given by the medical group, he or she will be able to follow along. If it is determined that the caller needs to see a provider, the nurse will direct such. In some instances, the nurse will even have the capability to book an appointment for the patient. Also, if the nurse determines the patient needs to report to the 48th Medical Group emergency room he or she will fax your information to emergency room while the patient is on the way.

b. Patients may directly access their primary care managers by calling the respective clinic. The clinic provides or arranges care.

c. The patient can call emergency services for advice.

All phone consults by nurses and physicians will be documented and given to the primary care managers for review the following duty day.

After normal duty hours:

a. The patient may call the personal health advisor at (0800) 896409 for advice.

b. The patient may call emergency services.

c. Patients arriving to emergency services will be triaged and given advice according to self-help protocols.

What are the access to care standards? The goal is that patients receive health care services within the following timelines:

☐ Acute services within 24 hours after contacting the primary care managers.

☐ Routine care within seven days after contacting the primary care managers.

☐ Wellness checks within 30 days after contacting the primary care managers.

☐ Referral to a specialist within 30 days from the determination of need by the primary care managers.

Who can I speak with if I have a comment or concern with the hospital? The patient advocate is the point of contact at the hospital for patients to voice any comments or concerns. This is a long-standing mechanism for patient input directly to the executive leadership of the hospital. It is an internal equivalent to the wing action line. The 48th Medical Group patient advocate is SMSgt. Kale Brown at 7-8765.

48th Medical Group does it all



Above: A service member prepares her child for pediatric care.

Below: SSgt. Bryon Pepper and SSgt. Michael Tedesco, 48th Medical Support Squadron medical logistics flight, calibrate a neonatal transportable incubator system.

Below right: TSgt. Dwayne Burns, 48th Medical Group neurology clinic, analyzes an EEG print out.

The 48th Medical Group provides a variety of services for all Liberty Wing members, and for units outside the 48th, including the 100th Air Refueling Wing and geographically separated units. Everyone in the group is committed to providing quality care to all patients and this issue of the "Jet 48" is dedicated to them and their efforts.



SSgt. Karen Kelley, 48th Dental Squadron, performs preventive dentistry on SrA. Michael Biseinere, 494th Fighter Squadron.



Mary Krain, a TRICARE representative, enrolls A1C Yvette Dunem into a TRICARE health plan.



DS provides comprehensive care

The 48th Dental Squadron provides comprehensive dental care to military members and their families in the RAF Lakenheath and RAF Mildenhall communities, as well as providing referral and consultation services throughout the United Kingdom and U.S. Air Forces in Europe. With 28 dental officers assigned, and more than 85 support staff (including six to 10 Red Cross volunteers), the squadron is one of the largest dental units in the Air Force. Services provided include restorative dentistry (fillings), preventive dentistry (examinations and cleanings), endodontics (root canals), periodontics (care of gum disease), prosthodontics (crowns and bridges), oral surgery (extractions), orthodontics (braces) and pediatric dentistry (children). The mission of the 48th Dental Squadron is to "provide quality dental care to all active-duty members and maximize family member access."

Maintaining the highest levels of dental health in the active-duty force is a significant readiness issue and the primary role of the squadron. To accomplish this, the squadron provides annual examinations and cleanings for all active-duty members. These appointments are key to identifying and correcting dental conditions that could interfere with military duty performance. Active-duty members can take a proactive role in maintaining their dental health by keeping scheduled examination appointments whenever possible, and rescheduling promptly when duty commitments prevent them from attending.

Family member dental care

Taking care of family members is a huge part of the dental squadron's mission. In fact, more than 45 percent of all care in the

past year was provided to family members, averaging more than 2,100 patient visits a month. In addition to examinations, cleanings and restorative treatment, orthodontics and children's dentistry are big areas where the squadron staff really takes care of its own. For the most part, orthodontic care is provided as a continuation of care for active-duty members and family members who transfer to the community while undergoing active orthodontic treatment.

Because of the large number of patients in this situation, the opportunity to initiate new orthodontic care is extremely limited and does not permit starting treatment for spouses. The indication to initiate new treatment is limited to patients with severe skeletal problems posing a serious functional or developmental problem if not treated. Consultations are provided on a space available basis requiring a referral from a military general dentist.

Pediatric dental care

Children can access the dental clinic in several ways. Children under three can be seen through a well-baby dental program. Two mornings a month from 8 to 11 a.m., children can be seen by the pediatric dentist at the RAF Lakenheath Community Center. No appointments are necessary. Children will receive an exam, cleaning, fluoride treatment and oral hygiene instructions. Upcoming dates for this well-baby dental program are Nov. 3 and 17, and Dec. 1 and 15. Future dates will be announced.

To obtain a dental exam and cleaning for children between the ages of 3 and 12, call the dental clinic at 7-8795 between 7:30 a.m. and 4:30 p.m. Preschool children (3 to 5) are seen

by the pediatric dental staff. School-age children (6 to 12) may be seen by either the pediatric dental or the general dentistry staff.

Priority is given to children of active-duty members with special needs – medically compromised or mentally handicapped. These children may access the dental clinic through a consult from their pediatrician or the education and developmental intervention services staff, or they may call the dental clinic directly at 7-8795.

Appointments, access

The dental squadron is located in building 944, directly behind the officers' club on RAF Lakenheath. Expanded clinic hours are from 7:30 a.m. to 6 p.m. Monday through Thursday. Friday hours are from 7:30 a.m. to 4:30 p.m. Patients should call 7-8795 for appointments or 7-8800 for information. All eligible patients are authorized emergency treatment 24 hours a day. This service is intended to treat legitimate dental emergencies only. Emergency care can be obtained after duty hours by reporting to the RAF Lakenheath emergency room. Daytime sick call walk-in is at 7:30 a.m. and 1 p.m. weekdays. (Information provided by the 48th Dental Squadron.)

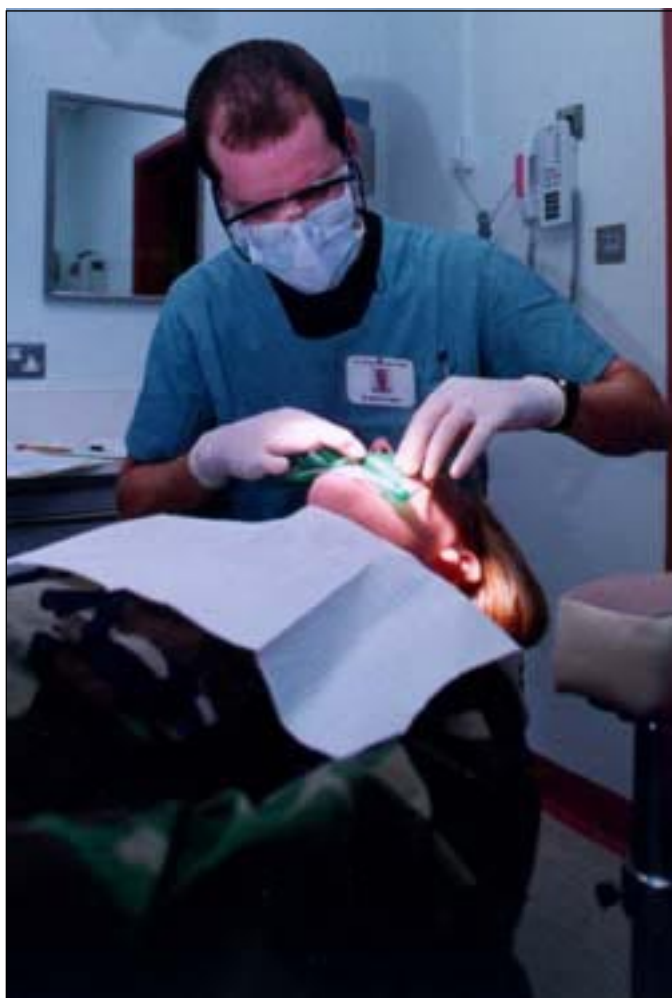


Photo by Amn. Russ Martin

Capt. Mark Muth, 48th Dental Squadron performs restorative surgery on a patient.



Photo by Amn. Russ Martin

Lt. Col. Russell Linman, 48th Dental Squadron performs oral surgery on a patient with SrA. Jennifer Vargas-Lugo assisting.

AMDS

From Page 8

The array of flight medicine services and programs contribute to the health and well being of the 48th Fighter Wing and are essential to maintaining readiness.

Public health flight

The public health office consists of 14 enlisted members and three officers who oversee all preventive medicine activities at RAF Lakenheath, RAF Mildenhall and RAF Feltwell. Disease prevention and education is the mission of public health. The medical food inspection office, located behind the commissary, is responsible for ensuring foods conform to contract requirements and wholesomeness standards while protecting the financial interest of the government.

The epidemiology section interviews and educates patients with sexually transmitted diseases and ensures their partners are contacted and treated. In addition, we screen all hospital personnel immunization records for annual requirements and maintain a database for more than 750 employees. We are also available to present STD or HIV briefings at commanders' calls.

The occupational health section is responsible for conducting industrial shop visits to more than 198 shops to ensure safety and health standards are being maintained for the more than 4,000 personnel monitored on the occupational health program. We also investigate job-related occupational injuries and illnesses (i.e., hearing loss, carpal tunnel syndrome, tendinitis and back injuries) to help us determine if any trends are occurring in the workplace. We have a variety of earplugs to choose from and provide earplug fittings from 7:30 a.m. to 4:30 p.m. weekdays.

The readiness section gives medical intelligence briefings to all deploying personnel. We educate personnel on diseases, safe food and water precautions, which plants and animals to avoid, personal protective equipment, weather and climate, field sanitation, heat and cold stress, and needed immunizations. We can provide casual travelers with this information, too. Call 7-8777.

For details, call the medical food inspection office at 7-3806 from 6 a.m. to 3 p.m. or the main public health office 7-8777 from 7:30 a.m. to 4:30 p.m. weekdays.

Medical plans and readiness flight

The medical plans and readiness flight plays a critical role in the deployable mission of the 48th Medical Group and 48th Fighter Wing. We are responsible for the readiness of all personnel and logistical resources to support a 50-bed, air transportable hospital, several air transportable clinics, patient decontamination teams, a flying ambulance surgical trauma team and the only Air Force pediatric module.

In the past two years, medical personnel have supported many taskings. One of our air transportable hospitals is still deployed to Zagreb, Croatia, in support of military forces in the area. The readiness of our current air transportable hospital was recently tested during the Kenya and Tanzania embassy bombings, and performed remarkably. Although the air transportable hospital was never deployed, it was poised and positioned for the mission in an unprecedented 18 hours, which shattered the 24-hour mission-ready requirement. Our FAST team has recently deployed to Operation Guardian Retrieval in Africa, and will be on call, ready and capable of deploying within two to six hours of notification and is considered the Go-To team for U.S. Air Forces in Europe.

We are proud of being the wing focal point, ensuring all deploying personnel are medically screened and meet deployment standards. Should any 48th FW or 3rd Air Force unit be tasked for deployment, we are their one-stop-shop. In addition, we are an integral part of both the 48th FW and 100th Air Refueling Wing mobility programs, with our involvement ranging from the coordination of medical support for large deployment processing lines, to one-on-one assistance for individual deployers.

Every summer, medical readiness sponsors more than 200 reservists and Air National Guard members who come from various continental United States units and train within the 48th MDG for two weeks at a time. In March 1998, the Liberty Medics' medical readiness office sponsored the first USAFE Mobile Red Flag. The entire air transportable hospital was deployed to a field environment, and more than 240 medical group personnel assigned to mobility positions participated in extensive and varying training conditions to include three night-

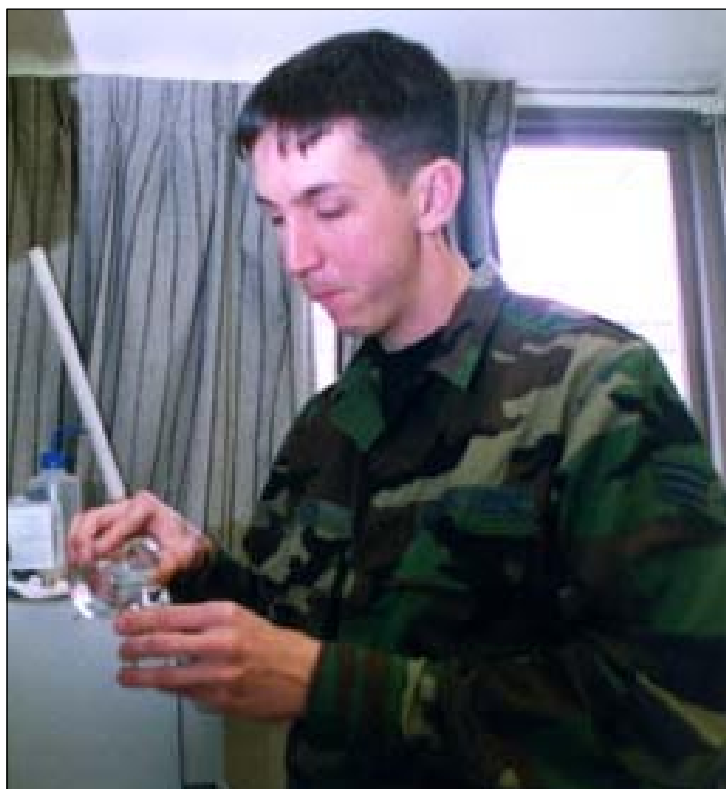


Photo by Amn. Russ Martin

SrA. Kevin Borth, 48th AMDS bioenvironmental engineering, prepares water samples for analysis.

time field mass casualty exercises.

Medical plans and readiness is at your service and can be reached at 7-8532 or 7-8490.

Health promotion flight

The health and wellness center is a one-stop shop for all wellness and preventive needs. Its services, programs and classes have been developed to start you on your journey to ultimate health and well being. Our mission at the RAF Lakenheath and RAF Mildenhall centers is to motivate and educate people to adopt a healthier lifestyle, thereby promoting military readiness. The programs offered at both Mildenhall and Lakenheath centers are open to all base members and encourage a life-long commitment to a healthier lifestyle.

The staff offers several programs for health improvement. The tobacco cessation class is a six-week, nicotine-patch augmented program offered at variable hours to accommodate shift workers. Stress management classes are offered weekly, and attendance is not annotated in medical records. In addition, the self-care program, with the aid of the self-care book, is a demand-reduction program to educate individuals on the prevention and self-care management of minor health issues. Another area of awareness is responsible drinking – the “By the Numbers” program is a non-attributive class

directed toward responsible drinking.

Interested in getting trim and being healthy? Our helping everyone achieve longevity through health program is on the cutting edge of prevention and health promotion. HEALTH is a multidisciplinary approach to educating, treating, and managing individuals with weight, health and fitness concerns. Also available for those who would like more long-term follow-up is the lifestyle, exercise, attitudes, relationships and nutrition program, which is a 12-to 16-week course and the heart and soul of weight loss maintenance. The health and wellness center has also established a nutrition clinic Thursdays where individuals can sign up to attend our cholesterol countdown class or a basic Nutrition 101 class. Individual appointments are offered all day for those persons who would like to speak with a nutritional medicine representative.

A fit force is the goal. This effort is guided and directed by Chris Jordan. Jordan teaches our FIT class, the ultimate circuit and Micro Fit assessment.

These are just a sample of the variety of programs and classes that are offered at the health and wellness center. Injury prevention, cancer prevention and awareness, back classes and our cycle ergometry program are also integral parts of the center. Call 7-2710 or 89-7161 for more information.

MDOS

From Page 10

are scheduled each year during birth month, and people should receive written notification four to six weeks before the appointment. Remember to bring immunization records, dog tags and Air Force identification card. People unable to make the appointment should contact the physical exams section at 7-8822.

For more information, call physical exams at 7-8822 or the family practice clinic at 7-8771.

Medical services flight

The medical services flight plays an important role in the provision of outpatient health care at RAF Lakenheath. The specific elements or clinics are: allergy and immunization clinic, cardiopulmonary laboratory, dermatology clinic, internal medicine clinic, neurology clinic, and the physical therapy department. Each of these areas provides consultant medical care for patients not only from Lakenheath, but also throughout the United Kingdom.

Active-duty members, dependents and retired members are first seen by their primary care manager, or a general physician, physician assistant or nurse practitioner at one of the various clinics in the United Kingdom, or at the 48th Medical Group. The physician then requests further testing, therapy or evaluation for the patient. Every effort is made to see patients as soon as possible, on a priority basis.

Hours of operation

Specialty clinics: 7:30 a.m. to 4:30 p.m. weekdays, except for holidays, wing goal days and U.S. Air Forces in Europe family days. Normally patients with appointments here will not need to get their outpatient medical records.

Physical therapy: 7:30 a.m. to 4:30 p.m. weekdays by appointment only. Patients will be instructed on what to wear. They also offer back classes for patients with back pain at 9 a.m. on the second and fourth Thursday of every month at the health and wellness center.

Immunizations clinic hours: 7:30 a.m. to 4 p.m. Mondays and Wednesdays; 7:30 a.m. to 1 p.m. Tuesdays; and 9 a.m. to 4 p.m. Fridays. Yellow fever shots will only be given between 7:30 and 8:30 a.m. Fridays. The clinic no longer gives yellow fever shots



Photo by Amn. Russ Martin

SSgt. Brenda Wadsworth 48th Medical Operations Support Squadron family practice, performs a routine checkup on a patient.

after lunch. From 7:30 to 8:30 a.m. and 11:30 a.m. to 1 p.m. Mondays, Tuesdays, Wednesdays and Fridays, active-duty members in uniform will be given priority for immunizations. From 1 to 4 p.m. Tuesdays and all day Thursdays, the clinic will only give allergy shots. Immunizations is closed from 1 p.m. to close of business on the last Friday of the month for readiness training. All personnel must bring their shot records and medical records. The only exception is that you do not need your medical records to have your TB/IPPD test.

Pediatric element

The 48th Medical Group pediatric clinic is U.S. Air Forces in Europe's largest pediatric clinic staffed with board-certified pediatricians and pediatric and primary-care nurse practitioners to meet the health-care needs of eligible children from newborn through 17 years.

Services provided include school and sport physicals, well-baby exams, routine and same-day acute appointments. Physicals, well-baby exams and routine appointments are booked through central appointments at 7-8010. A number of same-day acute care appointments are available each day and can be made by calling the clinic directly at 7-8687. Clinic staff will review your child's health complaint and determine whether

an acute appointment is required. They will guide you through home-care measures using the "Taking Care of Your Child" book or will coordinate a phone consult for you with the clinic registered nurse or a provider for further advice. A limited number of early morning and afternoon acute care appointments can be booked by using the personal health advisor line at (0800) 896409 between 4:30 p.m. to 6:30 a.m. if the personal health advisor nurse determines your child requires an acute appointment.

In the past year, well-baby exams have been realigned with the immunization clinic hours of operation to provide better customer service by facilitating same-day service for exams and required vaccinations. This initiative will venture one step further in October when a pilot immunization program will be implemented in the pediatric clinic. This program will mean your children will receive their required immunizations when they have their well-baby exam in the pediatric clinic. This service will be for children with scheduled well-baby exams on the day of the exam only. All other children will continue to be provided services in the immunization clinic.

OB/GYN clinic

The OB/GYN clinic provides care for obstetric and gynecology patients from routine screening

care to very specialized services including dysplasia, infertility and high-risk pregnancies. The provider staff is comprised of physicians, nurse midwives and nurse practitioners. Pregnant women are seen in this clinic for all aspects of their prenatal care through delivery and a postpartum exam. Gynecologic services are primarily managed on a referral basis with a consult written by your primary care manager. Routine referrals are seen within 30 days, 72-hour referrals are scheduled with the on-call provider and the on-call provider sees emergent referrals at all hours. Clinic hours of operation are 7:30 a.m. to 4:30 p.m. weekdays except the last Friday of each month when we close at 10:30 a.m. for clinic and team training. All routine appointments are booked through the central appointment desk at 7-8010. No children are allowed in the clinic. Patients with questions can contact the clinic at 7-8424.

Patient advocate office

SMSgt. Kale Brown is the patient advocate for the 48th Medical Group and serves as the commander's representative in helping customers solve concerns they have with the medical care they receive or additional aspects of their experience with the staff of the 48th Medical Group.

An important aspect of the job is providing the feedback from customers to all departments within the facility so they can continue to improve services. This year in an effort to continue to monitor and improve services, the Department of Defense began distributing external customer satisfaction surveys directly to patients of the 48th Medical Group. Based on the preliminary feedback received, you are very satisfied with the overall care received at the medical group. Additionally, the 48th MDG compares favorably with other Department of Defense medical units. If you receive this survey in the mail, help us serve you better by completing the requested information and returning it.

To contact the patient advocate office, the office is located in building 959 across the street from the main hospital. The phone number is 7-8765, or you may send written correspondence to: 48 MDG/SGOX, Unit 5210, Box 230, APO AE 09464. (Information provided by the 48th Medical Operations Support Squadron.)

Deployed airmen are in place

By Col. Steven Eddy
48th Expeditionary Operations
Group

The home team came through once again. The 48th Expeditionary Operations Group arrived downrange and quickly established operations thanks to the efforts of the men and women of RAF Lakenheath and our hosts from the Italian air force. We are now prepared to support any mission we may be assigned.

I also believe our presence has been felt across the Adriatic. Our light, lean and lethal force may have played a key role on the political scene to force compliance with NATO's demands.

We are here for a purpose. Our airmen are focused on the mission and are proud to represent RAF Lakenheath and the United States Air Force and the effort to stop the conflict in Kosovo.



48th Fighter Wing members board a C-130 aircraft from the 86th Air Wing from Ramstein AB, Germany, Saturday.



48th Transportation Squadron air freight members prepare a cargo pallet for deployment. The 48th Fighter Wing deployed to support the North Atlantic Treaty Organization tasking.

Photos by A1C Joseph Lozada

Airmen settle in downrange

By 1st Lt. Peter Kerr
48th EOG public affairs

Cervia AB, Italy – We left in the dark of night. About 250 airmen boarded C-130s still thinking of the mobility bags that were hastily packed, the various briefings that were just delivered to prepare us for the mission, and the farewell words we had recently uttered to our families.

Then most of us slept. The C-130 ride lasted about three and a half hours, and the loud engine hum coupled with the aircraft's vibrations made any other activity impractical. Most people were aware we were going to a potential combat zone. The leery feeling that sometimes comes with such thoughts was calmed by the understanding that we are backed by the greatest military on earth and have the support of our families and base behind us.

After landing, most people were bused to a nearby hotel. At first, we were double and triple to a room, but within a few days, more hotels had been contracted, and most people have very comfortable accommodations. Cervia is a coastal resort town, providing plenty of hotels since it's in the off season.

The nights are cool, but not cold like England. Days are sunny, in the lower 70s with scattered clouds and very light winds. Morale is very good, with most people still excited about the mission and surroundings, tempered a bit since we miss our families.

Twenty-four hour ops have been estab-

lished, and most people are working 12- to 14- hour days. Breakfast is eaten in hotels, lunches are MREs or sandwiches bought on base, and people usually have just enough time after being bused back to the hotels at night to try a local Italian restaurant before they go to bed. The food and drinks are good, and prices are very reasonable.

Though originally shrouded in mystery, people are getting to know Cervia quite well. Pilots fly orientation sorties, and the Italians have basically given half of the base over for our operations. Relations with the Italians couldn't be better, as we are learning about how they do business and seeing many similarities with our operations.

We are also happy our presence has already been felt across the Adriatic. Everyone is glad when politicians can resolve conflicts without putting our aircrews in harm's way. No one really knows how long we will be here, but we prepared to sustain operations until the conflict in Kosovo is resolved. I think most of us realize we are here for a noble purpose, and we are dedicated to ensuring mission success.

Editor's note: We will be running a standing column on our deployed troops while they are at the Italian air base in Cervia in support of NATO.

Address

To send mail to deployed members at Cervia AB, Italy, mark the envelope: Rank and Name, 48th Fighter Wing deployed, General Delivery, APO AE 09603.

Incorrect numbers

Some of the numbers printed in this week's newsletter posted to all mail boxes on base were incorrect. Here are the corrections:

Legal office – 7-6500

Family advocacy – 7-8070

SATO – 7-2568

Mental health – 7-8603

To call these numbers from off base, dial (01638) 52 and the last four of the extension.

Action line, rumor control can provide information

The Action Line is a direct link to the 48th Fighter Wing commander Col. Carl Van Pelt for complaints, suggestions, or comments. It's not intended to replace the chain of command.

When normal command and agency channels haven't been able to resolve your concerns, call 7-2324, fax 7-5367, e-mail Action_Line@lakenheath.af.mil, send through distribution at 48 FW/PA, mail to 48 FW/PA, Unit 5210 Box 215 APO AE 09464-0215, or hand carry the Action Line to the public affairs office in building 1085.

People may remain anonymous; to receive a reply, leave a name, unit, duty or home phone number, and full APO mailing address. Names are confidential.

People who hear rumors and want to check them out should call the public affairs office rumor control line at 7-2151.

News

IG conferences slated

The Air Force Inspection Agency conducts a fraud, waste, abuse and personal conference period from 3 to 4 p.m. Tuesday in the family support center.

Appointments for the inspector general conference period may be reserved by calling Lisa Gomer, quality services office, at 7-8121. The conference allows people to talk with and voice concerns with an inspector general representative. Not all matters are appropriate for action by the AF/IG. Fraud, waste and abuse disclosures, some personal complaints and matters involving base medical operations are appropriate. Call 7-8121 for more information.

Dorm dedication slated

Building 868 is slated to be dedicated to former CMSgt. of the Air Force Paul Airey Oct. 30. Airey was the first CMSAF, serving from August 1967 to July 1969. All wing personnel are invited to attend. Call 7-9578 for more information.

Recruiter team visit base

The Recruit-the-Recruiter team will conduct a briefing from 9 to 10:30 a.m. Tuesday at the base chapel. The briefing, for senior airmen through technical sergeants, focuses on the opportunities, challenges and rewards of recruiting duty. Spouses are encouraged to attend. Call 7-2188 for more information.

Community

Santa helpers needed

The American Red Cross needs volunteers to assist in pictures with Santa from Nov. 27 through Dec. 20. Call (01366) 328323 or the American Red Cross at 7-1855 for more information.

Safety day

Boy Scout Troop 215 and the 100th Security Forces Squadron sponsor a safety day at RAF Mildenhall chapel from 10 a.m.

to 2 p.m. Oct. 31. Representatives of various agencies will be discussing and giving tips about safety. Call (01638) 510773 for more information.

Salsa band

The Hispanic American Club sponsors the Bombele Salsa Band from 8 p.m. to 2 a.m. Saturday at the RAF Mildenhall Officers' Club. Cost is \$12 in for advanced tickets and \$15 at the door. Call (01638) 533378 for details.

CGO course available

The RAF Lakenheath and RAF Mildenhall company grade officer councils sponsor the CGO course Nov. 16 - 18 in the RAF Lakenheath Officers' Club Battle of Britain Room. The course is designed for officers commissioned after Jan. 1, 1994 prior to attending squadron officer school, and focuses on officership, leadership and airpower. Call Capt. Susan Pietrykowski at 7-8468 for details.

Services

Teen trip

The youth center offers a teen trip from 9 a.m. to 6 p.m. Saturday to Norwich Mall. Cost is \$5 for members and \$10 for non-members. Call 7-3180 for details.

Fair

The RAF Lakenheath Community Center sponsors a flea market and sports-card-and-comic-book fair from 10 a.m. to 4 p.m. Monday. Vendors must be 18 and older. Cost for vendors is \$10 per table for sports-card show and \$5 per table for the flea market. Call 7-2221 for more information.

Customer appreciation meal

The Knights Table shows appreciation with a specially prepared meal for customers from 3:30 to 6 p.m. Thursday. Only authorized patrons are admitted.

Oktoberfest

The officers' club celebrates Oktoberfest Oct. 23. A Bavarian buffet, crud tournament and live entertainment is available. Call 7-2535 for reservations.

Potluck

The Shepherd's Grove Community Center offers a German potluck from 7 to 11 p.m. Oct. 23. Call (01359) 250269 for more information.

Lobster dinner

A lobster dinner is available from 5 to 9 p.m. Oct. 24 at the officers' club. Tickets are sold through Oct. 22, and the event is open to all ranks. Cost is \$29.95 for members and \$32.95 for non-

Sports

Intramural shut down

Due to the deployment situation and the fact that some teams are having problems fielding their teams for intramural sports, All intramural sports, with the exception of bowling, will shut down until the Oct. 26. The situation will be reevaluated next week. Call SSgt. Jennifer Rutledge at 7-3711 for more information, or contact your squadron sports representatives.

Start-smart program

Registration for the start-smart program for children 3 to 5 runs through Saturday. The program teaches youngsters how to catch, throw, bat and kick to get ready for organized sports. The program is from 11 a.m. to noon Thursday through Dec. 10 one day per week at the RAF Mildenhall Youth Center. Registration is open to the first 20 children. Cost is \$35 per class. Call 89-2831 for more information.

Schools

Oct. 1, Department of Defense Dependents Schools held a town hall meeting at the RAF Lakenheath High School auditorium. A videotaped message from Gen. John Jumper was viewed and information regarding various school topics was shared. Questions were

taken and answers were given concerning a variety of issues afterward.

For the past several years, the bulk of the DODDS money for major renovation projects or military construction has gone south of the Alps due to the buildup in Italy at Aviano AB and Naples. DODDS is now getting a share of construction dollars, for example: 1) Lakenheath Elementary School - an over \$11 million dollar renovation project; 2) Feltwell Elementary School - a \$4.5 million dollar MILCON school addition project is on schedule for fiscal year 2000; 3) Lakenheath Middle School - \$1.5 million dollar renovation projects for LAN installation and new science labs for this year along with a \$3.6 million dollar new gym for fiscal year 2000 and a \$16.6 million dollar new middle school for fiscal year 2002; 4) Liberty Intermediate School - \$120,000 renovation of restrooms.

At the movies

RAFLakenheath

Today

7 p.m. - "Rush Hour" (PG-13) Starring Jackie Chan and Chris Tucker. In Los Angeles, the daughter of the Chinese Consul is kidnapped. As the FBI tries to save the young girl, the Chinese diplomat turns a Hong Kong police detective.

10 p.m.

- "Mafia" (PG-13) Starring Lloyd Bridges and Jay Mohr. This godfather spoof has Lloyd Bridges as the patriarch of the powerful Cortino crime family. He must decide which of his two sons will assume his position.

Saturday

7 p.m. - "Madeline" (PG) Starring Frances McDormand and Nigel Hawthorne. Madeline is one of 12 orphaned girls who loves wild adventures.

10 p.m.

- "Ronin" (R) Starring Robert DeNiro and Jean Reno. An American and international team of operatives, is hired to steal a briefcase. None of them knows the identity of their employer. Tensions mount, and no one can trust anyone.

Sunday

7 p.m.

Monday

7 p.m.

Tuesday

7 p.m.

Wednesday

7 p.m.

Thursday

7 p.m.

Friday

Saturday

7 p.m.

Sunday

7 p.m.

Monday

7 p.m.

Tuesday

7 p.m.

Wednesday

7 p.m.

Thursday

7 p.m.

Friday

Saturday

7 p.m.

Sunday

7 p.m.

Monday

7 p.m.

Tuesday

7 p.m.

Wednesday

7 p.m.

Thursday

7 p.m.

Friday

Saturday

7 p.m.

Sunday

7 p.m.

Monday

7 p.m.

Tuesday

7 p.m.

Wednesday

7 p.m.

Thursday

7 p.m.

Friday

Saturday

7 p.m.

Sunday

7 p.m.

Monday

7 p.m.

Tuesday

7 p.m.

Wednesday

7 p.m.

Thursday

7 p.m.

Friday

Saturday

7 p.m.

Sunday

7 p.m.

Monday

7 p.m.

Tuesday

7 p.m.

Wednesday

7 p.m.

Thursday

7 p.m.

Friday

Saturday

7 p.m.

Sunday

7 p.m.

Monday

7 p.m.

Tuesday

7 p.m.

Wednesday

7 p.m.

Thursday

7 p.m.

Friday

Saturday

7 p.m.

Sunday

7 p.m.

Monday

7 p.m.

Tuesday

7 p.m.

Wednesday

7 p.m.

Thursday

7 p.m.

Friday

Saturday

7 p.m.

Sunday

7 p.m.

Monday

7 p.m.

Tuesday

7 p.m.

Wednesday

7 p.m.

Thursday

7 p.m.

Friday

Saturday

7 p.m.

Sunday

7 p.m.

Monday

7 p.m.

Tuesday

7 p.m.

Wednesday

7 p.m.

Thursday

7 p.m.

Friday

Saturday

7 p.m.

Sunday

7 p.m.

Monday

7 p.m.

Tuesday

7 p.m.

Wednesday

7 p.m.

Thursday

7 p.m.

Friday

Saturday

7 p.m.

Sunday

7 p.m.

Monday

7 p.m.

Tuesday

7 p.m.

Wednesday

7 p.m.

Thursday

7 p.m.

Friday

Saturday

7 p.m.

Sunday

7 p.m.

Monday

7 p.m.

Tuesday

7 p.m.

Wednesday

7 p.m.

Thursday

7 p.m.

Friday

Saturday

7 p.m.

Sunday

7 p.m.

Monday

7 p.m.

Tuesday

7 p.m.

Wednesday

7 p.m.

Thursday

7 p.m.

Friday

Saturday

7 p.m.

Sunday

7 p.m.

Monday

7 p.m.

Tuesday

7 p.m.

Wednesday

7 p.m.

Thursday

7 p.m.

Friday

Saturday

7 p.m.

Sunday

7 p.m.

Monday

7 p.m.

Tuesday

7 p.m.

Wednesday

7 p.m.

Thursday

7 p.m.

Friday

Saturday

7 p.m.

Sunday

7 p.m.

Monday

7 p.m.

Tuesday

7 p.m.

Wednesday

7 p.m.

Thursday

7 p.m.

Friday

Saturday

7 p.m.

Sunday

7 p.m.

Monday

7 p.m.

Tuesday

7 p.m.

Wednesday

7 p.m.